



## Summer Heat Pet Safety

*courtesy Pets America*



times on Sandhill REC property.

With the summer heat beginning to take its toll, pet owners need to be aware of their pets' safety and how to monitor them for signs of distress. Following are ten tips for keeping your pets safe during these hot days of summer. You can learn more about pet safety by visiting Pets America, the source of this list.

1. Keep your emergency information with you at all times. Keep important numbers and medical information for your pet up to date and in your wallet or by the phone at all times.
2. Get to know your pet so that you can recognize an emergency. Learn to take your pet's pulse, count resting breaths and pants when exercising, and ask your veterinarian how to take your pet's temperature. Anything over 103 is an emergency.
3. Never leave an animal in a parked car.
4. Keep animals out direct sunlight during the heat of the day, roughly 10 am to 6 pm. Dogs can only regulate their body temperature by panting and by a tiny amount of evaporation of sweat through the pads of their feet. A good rule of thumb is, if you're uncomfortable, your pet is uncomfortable.
5. Know the signs of heat stroke. Symptoms of heat stroke in dogs include excessive panting, drooling, rapid pulse and fever. Immediately run cool (not ice cold) water over the animal and wrap with cool towels before transporting your pet to the veterinarian. *continued on page 2*

### June Schedule

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Flag Day: Wear your Red, White and Blue	<b>16</b>
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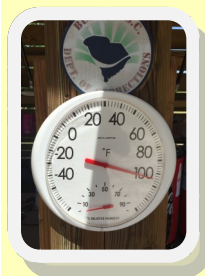


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## Was it a record?



Record or not, Tuesday, June 16 was one of the hottest days in recent memory for the Sandhill Farmers Market. Depending on where we located our garden thermometer the temperature ranged as high as 104 in direct sunlight, but stayed closer to 100 in partial shade. The heat did not keep our faithful customers and appreciative vendors away. I did notice that most folks parked, bought what they came out for and left without shopping around. A good plan. Hopefully the 23rd won't be as brutal. If you do have a problem with the heat or need assistance with those purchases please take advantage of our Sandhill Farmers Market Courtesy Shuttle. We will be happy to take you around and drive you to your car. There are water coolers located near the music tent and the market information building has soft drinks and bottled water for sale. We want you to enjoy your visit, so please be aware of the conditions and how you are impacted. Let us know if you need help!

## Market Flash

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## Top Ten List, *continued from page 1*

6. Prevent sunburn. Animals can get sunburned too, especially short-haired dogs, or dogs and cats with pink skin and white hair.
7. Always make sure animals have access to fresh water and shade. Try spraying down favorite shaded areas a few times during the day to create an outdoor "evaporative cooling system".
8. Avoid strenuous exercise with your dog on extremely hot days, and do not exercise during the intense, mid-day heat.
9. Test the heat radiating from the sidewalk or street. If it's too hot for you to stand on in your bare feet, it will be too hot for the sensitive pads of your pet's feet as well.
10. Understand kitty quirks. Cats exhibit many of the same symptoms as dogs when stressed by the heat. Add ice cubes to their water bowl, or encourage kitty to drink by dabbing a little water at their mouth's corner.

## Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support. You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

## Market Photos - June 16th



***The Sandhill Farmers Market... where fun, food, and community come together.***

## Gardening Tip of the Week

### Composting

Resist the urge to bag your grass clippings. Yes, grass clippings are a great source of nitrogen to add to the compost bin. But, when lawns are mowed at the proper height and time, the grass clippings fall back into the lawn and can provide up to 25% of the lawns yearly fertilizer needs. These grass clippings will help keep the lawn greener and healthier. Contrary to what most people believe, grass clippings do not contribute to thatch build up. Thatch is a dense, spongy collection of living and dead grass stems and roots lying between the soil surface and green grass leaves in established lawns. Thatch build-up can be avoided by following adequate fertilizer and irrigation needs for the lawn. Excessive fertilization and irrigation causes excessive growth that leads to an increase in sloughed-off plant matter, creating the thatch layer.

Other items to add to the compost pile this summer include: Stems, flowers and vegetable parts that are removed from the flower and vegetable beds can be recycled in the compost bin. Weeds that have not gone to seed can be added to the compost pile. Those weeds with large roots such as Florida betony and nutsedge should be placed in the sun to dry out before placing them in the compost pile. Composting yard waste instead of throwing it into the landfill will provide you with a rich, brown, crumbly soil amendment. Compost can be used to improve the drainage of clay soils and help sandy soils retain soil moisture and nutrients.

For more detailed information on composting see,  
[HGIC 1600, Composting.](#)



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## Hot Peach Soufflé

- ⇒ 4 oz. flour  
4 oz. sugar  
2 eggs  
2 yolks  
2 cups milk  
3 yolks  
4 tbsp. butter  
2 oz. Peach Schnapps  
1 cup egg whites  
1 oz. sugar  
1 oz. cornstarch  
3 fresh SC peaches  
2 cups heavy cream  
¼ cup sugar  
2 tbsp. Peach Schnapps

Combine flour, 4 oz. sugar, eggs, and yolks together. Put milk on stove and bring to a boil. Pour into the flour, sugar, egg mixture stir and return this to the stove. Stir constantly and cook until the mixture is

very thick and hangs in a wire whip. Remove from heat. Combine this with the 3 yolks and butter place in a mixing bowl and mix with a wire whip until room temperature. Add 2 ounces of peach schnapps liquor. Mix for another 10 minutes. Set aside. Mix egg whites on high add sugar and cornstarch. Whip until soft peaks. Fold into soufflé batter. Cut up 1 peach and fold into batter. Place mixture in a soufflé ramekin that is buttered and sugared. Bake at 350 in a convection oven or 400 in a conventional oven for 17 minutes. Whip heavy cream and add sugar and schnapps. Whip until stiff. Add remaining two peaches cut up to whipped cream. Serve with soufflés.

*[Courtesy of the SC Peach Council](#)*

*See how many of these ingredients you can find at the Sandhill Farmers Market!*

***Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),***



## Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Isom's Delights
<b><i><u>The Peanut Man</u></i></b>
<b><i><u>The Crescent Olive</u></i></b>
Charleston Cooks
Junior Chefs
AAA Greenthumb
Martin Farms Produce
Kurt's Kitchen
Paparazzi Jewelry
<b><i><u>The Belgian Waffle Truck</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Penny's Quilts and Gifts
<b><i><u>Lane Specialty Gardens</u></i></b>
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>January Remington</u></i></b>

Name
S.W. Shumpert Farm & Ice Cream
Whimsical Upscale
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
<b><i><u>Jamerry Nails</u></i></b>
Lem's Farm Shop
<b><i><u>Doswell Farm</u></i></b>
J's Concessions
<b><i><u>Livingston Farms</u></i></b>
Ashley's
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
<b><i><u>The Shrimp Guy</u></i></b>
<b><i><u>Boutique Poulet</u></i></b>
Bradham Farms
Judith's Hands
Isom's Delights
Cakes and More by Angela



<b><i><u>Congaree Milling</u></i></b>	<b><i><u>McCurley Farms</u></i></b>
Tre Bambini Antica Pizzeria	<b><i><u>Penny's Naturals</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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